






















































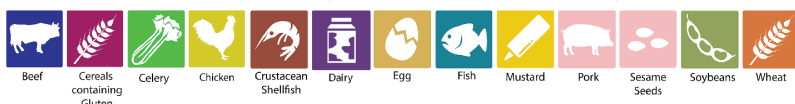


The Basement Lunch Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Western	Pork stroganoff 	Lasagna al forno 	Italian salsiccia & sauteed onions 	Honey mustard 	Battered dory fish 
Western	Chicken wings & BBQ sauce 	Pork medallions with mushroom sauce 	Mexican burrito 	Pork paprika goulash 	Crispy chicken burger 
Side dish	Mashed potatoes 	Buttered carrots 	Steamed broccoli 	Creamy spinach 	French fries 
Side dish	Sauteed mixed vegetables 	Oven roasted potatoes 	Fried potatoes 	Parsley potatoes 	Buttered mixed vegetables 
Western vegetarian	Baked spinach & cheese 	Ratatouille stuffed & baked zucchini 	Vegetable lasagna 	Mac & cheese 	Veggie burger 
Asian	Sweet & sour chicken 	Grilled saba mackerel 	Stir fried pork with oyster sauce 	Stir fried chicken with basil 	Stir fried pork with bell peppers 
Asian	Stir fried fish curry 	Massaman chicken 	Red curry with chicken 	Stir fried fish with celery 	Stir fried broccoli with shrimps 
Asian vegetarian	Mixed vegetables in soy sauce 	Deep fried eggs in tamarind sace 	Tom kha with mushrooms 	Mixed mushrooms & pak choy in soy sauce 	Yellow vegetable curry 
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Noodles	Chicken noodles 	Yellow noodles with pork 	Yen ta fo 	Noodles with red pork 	Braised chicken noodles 
Live cooking	Yakisoba with chicken 	Stir fried Hong Kong noodles with chicken 	Red pork with rice 	American fried rice 	Korean pork with rice 
Pasta station	Penne seafood marinara 	Spaghetti carbonara 	Penne Napoli 	Spaghetti bolognese 	Penne aglio olio 



The allergy key serves as a convenience guide only, cross contamination of allergens is not guaranteed as our menus are prepared in shared facilities.